2 Cor. 4[16] Tho the outward man perish,
yet the inward man is renewed
day by day.

Retro:— An afternoon refreshment
with the Lord.

We need to be renewed frequently.
{Head air
Furnace — cannot be healed.

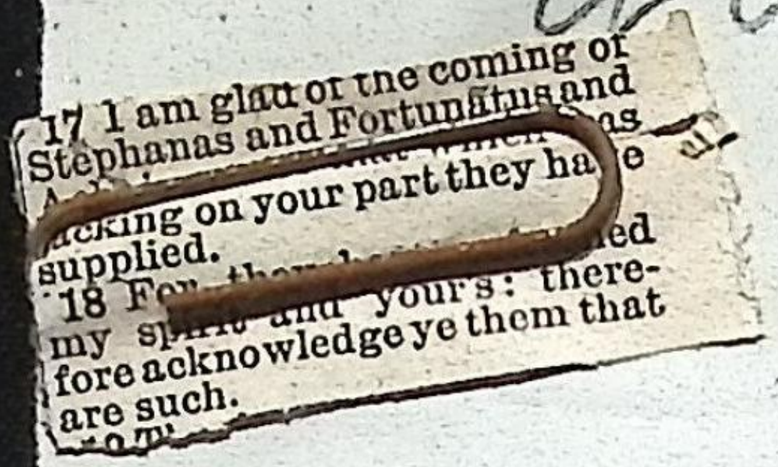
1. The renewal of our strength during
period of rest.
In sleep.
In times of peace — increase of
production, betterment of
social conditions, advancement
of culture.

2. Refreshment thru poverty & struggle.
The Northmen
Normans & artists & inventors

3. Renewal by refreshment.
Rebuilding of fire
Anglo-Saxon renewed by Norman blood
& culture!
Where are fires due and God refreshing
them!

4. Refreshment from Heaven.

"When the times of refreshing shall come from the presence of the Lord."


17 I am glad of the coming of Stephanas and Fortunatus and
supplied.
18 For
my spirit and yours: there-
fore acknowledge ye them that
are such.

The visit of some loved one.
Some new friendship;
some old friendship renewed.
When Jesus comes again.

5. Regeneration.

The first experiments upon the tulips and asters.
"If God created tulips to be double, he would have made them so."
"But many essentials the world over — like Burbank — have had to the grains & fruits & flowers,
"Ye must be born again."
wild aster — chrysanthemum.
rose — plums
little acorn — mural
little field daisy — Shasta. etc.
Jesus says to us "Ye must be born again."

Conclusion. — We should take advantage of these tunic refreshment.

Suppose travelers over the desert should meet with fortress at each turn of Nasmii? If, while besieged the natives in it had not duvil for fresh water?